

Water Safety

- Make sure children are constantly supervised by an adult when swimming, playing or bathing in water.

Make this your only job!

- A child should never swim alone! Make sure they swim with a partner.
- Keep infants and toddlers away from buckets. They can drown in as little as one inch of water.
- Don't chew gum or eat while swimming.
- Don't drink alcohol before or while swimming and especially if you are watching children.
- Learn how to swim!
- Learn CPR - Make sure you know CPR; if you want to learn CPR go to the "AMERICAN RED CROSS CAPE FEAR CHAPTER" web site and click on Safety Education, then Class Descriptions or call 762-2683.
- Don't substitute air-filled swimming aids in place of life jackets or life preservers. The air filled aids can be punctured and deflate.
- Check the depth of the water before diving. The American Red Cross recommends that there be at least nine feet of water for diving or jumping.

Pool Safety Tips

- Make sure there is a fence around the pool and at least four feet high and self-closing and self-latching gates.
- Don't let children have direct access to the pool.
- Have a telephone available in case of an emergency and post the emergency phone number.
- Don't leave toys in the pool that a child may want to get out at a later time. The child could accidentally fall in.
- Always supervise children when they are in the pool.

Tips for Open Water

- Watch for rip currents
- If you are caught in a rip current, swim parallel to the shoreline. When you get out of the rip current, swim back to shore.
- Check the local weather forecast before swimming or boating.
- Swim only in areas that are designated for that purpose.
- Always use U.S. Coast Guard approved personal floatation devices when in a boat, no matter how short the trip may be.